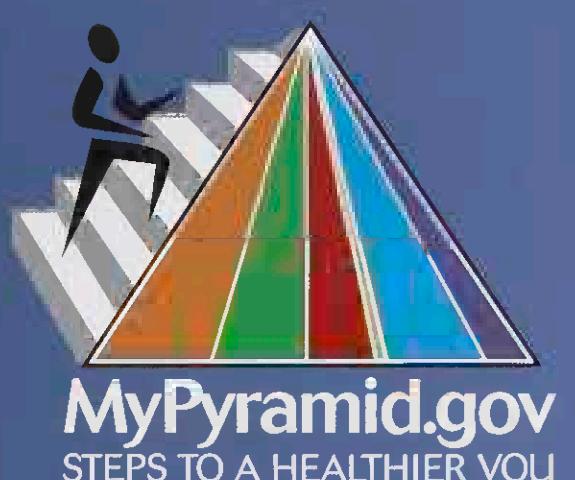


Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

It's Up to You

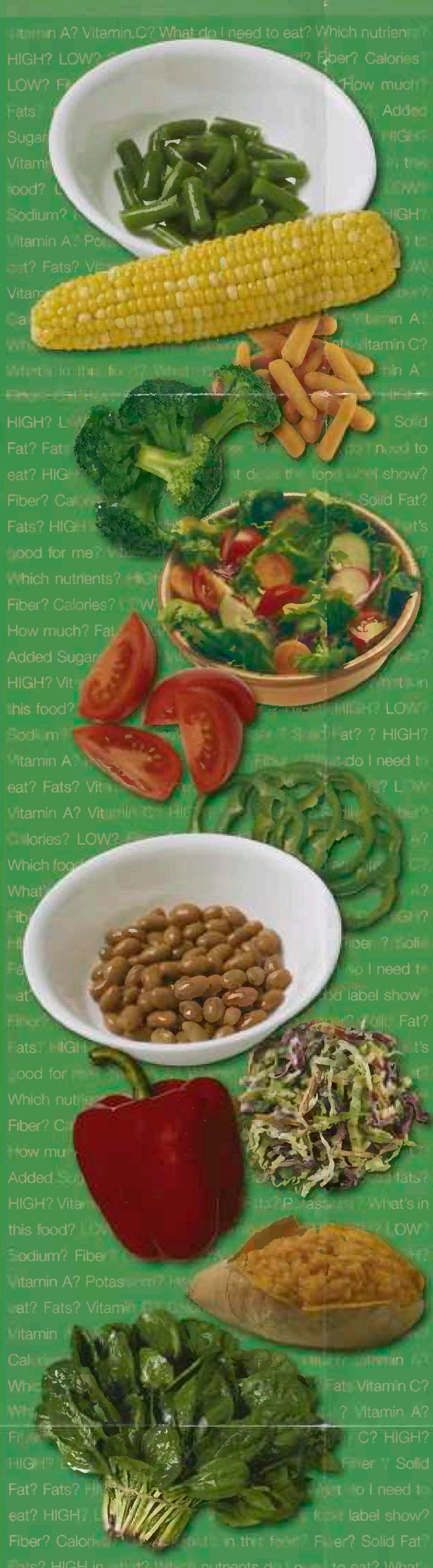


Decide What YOU Will Eat

2 Cups a day*



2½ Cups a day*



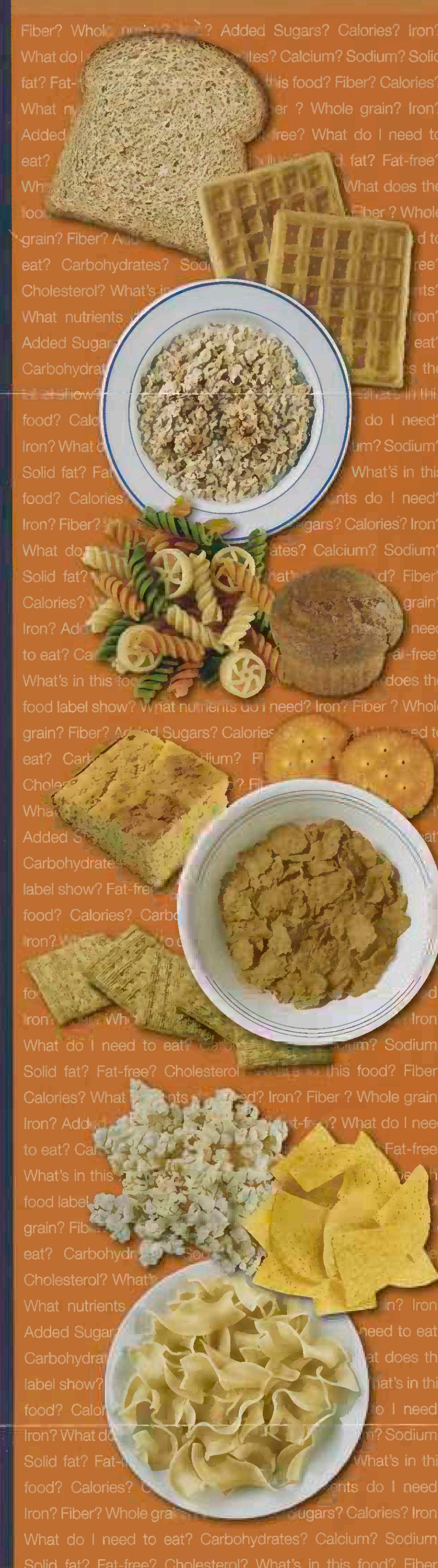
3 Cups a day*



5½ Ounces a day*



6 Ounces a day*



Choose OILS in place of fats that are solid at room temperature

Use the label to choose foods **HIGHER** in vitamins & minerals & **LOWER** in calories

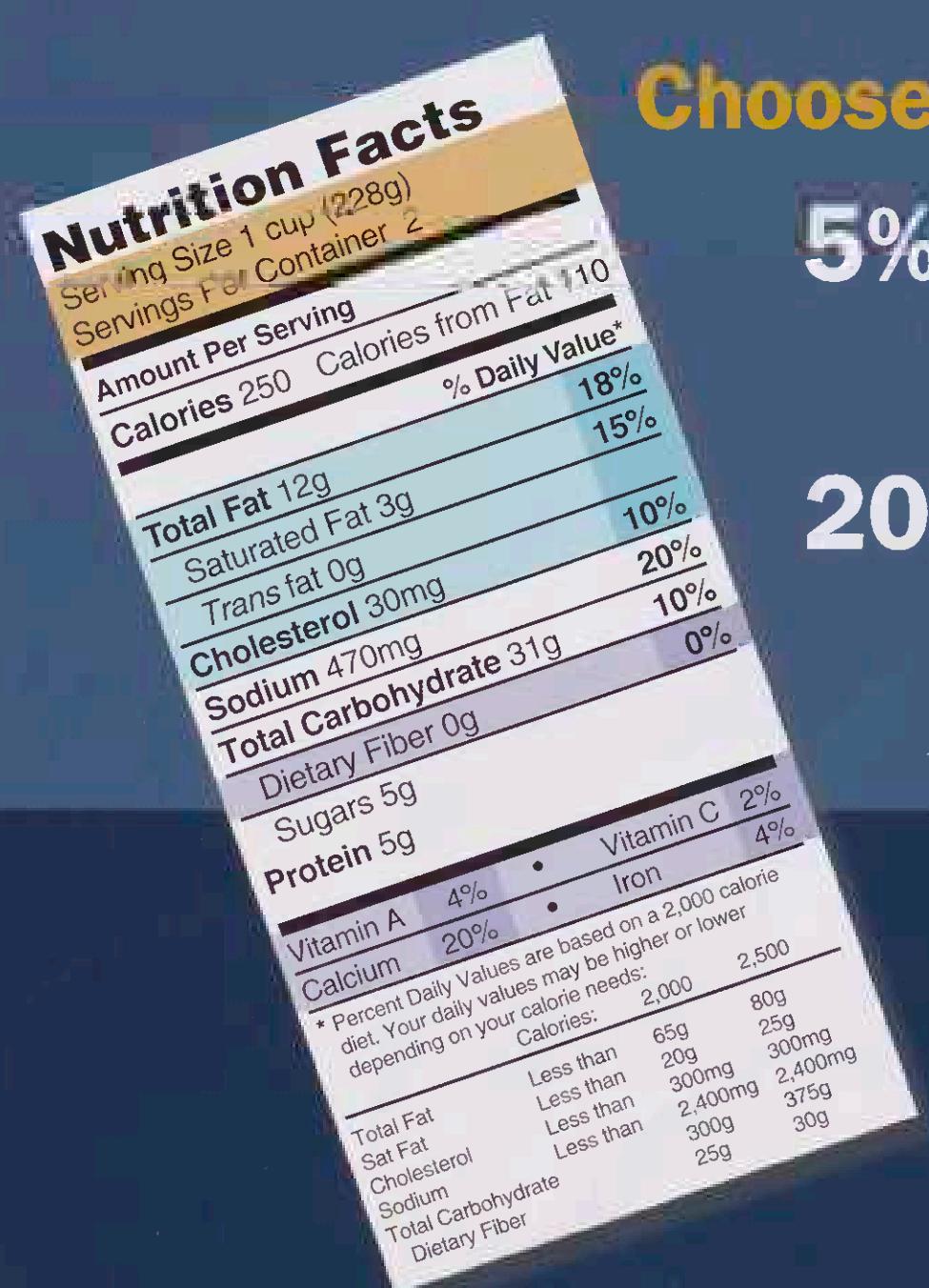
Choose foods for their nutrients

5% Daily Value or Less is

LOW

20% Daily Value or More is

HIGH



The first 3 items on INGREDIENT LISTS make up the largest parts of foods.

Eat Half Your Grains as Whole Grains

whole wheat
brown rice
bulgur
oats
popcorn

Eat Less Added Sugars & Solid Fats

sugar
fructose
corn syrup
shortening
honey
butter
animal fats
shortening
hydrogenated oils

*For a 2,000 calorie diet, you need the amounts shown above from each food group.

To find the amounts that are right for you, go to MyPyramid.gov

More materials and information are online at: teamnutrition.usda.gov.